

MODEL OF A RECREATIONAL RUNNING PROGRAM FOR BEGINNERS

(Professional paper)

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Abstract

The problem this work deals with in a broader sense is programs of aerobic exercises and their application in practice. A narrow context represents one of the models of a program for aerobic exercising through running for beginners and procedure for its realization. The topic: the topic of this work represents narrower part of the above mentioned problem and it will be defined by presenting a model of a program for aerobic exercising through running for absolute beginners, as well as through explanation of a procedure of its realization with relevant information for this form of aerobic exercising. Aims of this work are: To introduce possibilities of aerobic exercising through running; To explain the procedure of realization of this program and similar programs; To convince people that realization of this program will protect and improve their health; To convince beginners that systematic, controlled and programmed exercising will bring them benefits; To point to all the problems which can appear while realizing this program for running.

Keywords: *running, recreation, cycle, program of work, exercises.*

INTRODUCTION

It is difficult to describe basic characteristics of movements while running and to define the ideal model of running, due to complex anatomic and physiological structure of the human movement system, as well as due to different structures of muscle fibers and dimensions of particular segments of a human body. This is why scientific literature deals mostly with the issues of general laws of muscle contraction and mutual influence of particular groups of muscles while running. Running is a natural form of human movement. It is cyclical and it can have different intensity (from running slowly and jogging to fast sprint running) and different length. A certain level of "physical fitness" can be achieved through running as one of the forms of aerobic exercising.

In the past, physical fitness was defined through factors which are out of our control:

1. Influence of heredity,
2. Anatomic and functional intensity of a person,

but it is known that it depends on particular factors:

- efficiency of oxygen transport system,
- muscle strength,
- percentage of fat in body weight,
- ability to cool down and relax.

Aerobic capacity or maximum oxygen consumption is defined as the level of oxygen consumption where further increase of work (physical effort) does not lead to oxygen consumption increase.

Improving physical fitness through running is nothing else but a program of aerobic exercises through a

natural form of human movement which has cyclical character. This form of movement defines rhythmical and alternate contractions and de-contractions of muscles.

Methodology is defined as a theory about research. It studies and systematizes ways, methods and procedures of research in order to give answers to certain questions. The word "method" comes from a Greek word "methodos" which means a way of searching.

Scientific method represents a way or a procedure which is applied in research of reality with the aim to find out the truth.

Descriptive method, which describes certain concepts, will be used in this work.

In this work, one model of a program for aerobic exercising through running is described, as well as the procedure used in its realization by method which represents only one phase in the whole process of realization of this work. There are also the following phases: intensification, analyses of interpretation and finally announcing results.

Descriptive method is of great importance for this work because it brings theory and practice closer and vice versa, practice can be changed on the basis of theory.

One of the often asked questions is: "How to start with a program for running?" Very simply. At the beginning we can quote some advice given by Synthia Howard, who worked on modeling a running program for beginners.

1. You should buy right footwear (trainers which protect your back and feet from injuries).

2. You should walk before you start running. First 4 weeks 5 – 15 min of walking before running.

3. You should run minimum 3 times a week.

4. During the first 2 months you should not run 2 days consecutively. Muscles have to adapt.

5. Measure time not distance. You should spend more and more time running and not making distance longer.

6. You should not increase time spent on your feet drastically. If you ran at most 30 min last week, do not run more than 30min next week.

7. You should not hurry.

8. Enjoy running.

Model of a program for beginners

What follows is preparation for an easy program for walking. First two weeks (absolute beginners).

CYCLE 1

Week 1 – 3 times a week 30min per walk.

Week 2 – 3 times a week faster walking, 30min per walk

Week 3 – the same routine as the previous two weeks, but we will add 5 minutes of running in the second part of exercising.

Week 4 – we will add 5 min of running for the first and the third day of exercising and the second day will be 20min of walking fast and 5min of running. At the end of the fourth week, a month of exercising will be complete, so that it will be 30min of walking fast without break and 5min running.

CYCLE 2

Week 5 – contains 25min of walking, faster than previous week (walking tempo) for every 3 days of exercising.

Week 6 – contains:

Day 1 – 30min walking tempo

Day 2 – 25min walking tempo

Day 3 – 10min walking tempo, 5min jogging, 5min walking tempo

CYCLE 3

After completing these two cycles you can still walk but you can also start running (program for beginners).

In 3 weeks increase time spent running.

We will start the first week out of these three, with:

3x 5min walking tempo + 20min slow jogging + 5min walking tempo

Week 2: 3 times 5min of walking tempo + 25min slow jogging + 5min walking

Week 3: 3 times 5min walking tempo + 30min slow jogging + 5min walking

Week 4:

day 1 – 10min walking tempo + 15min running + 5 min walking

day 2 – 3min walking tempo + 25min running + 2 min walking

day 3 – 10min walking tempo + 15min running + 5min walking

Note: personal adaptations of the program are possible, depending on abilities.

Week 5:

day 1 – 5min walking + 20min running + 5min walking

day 2 – 3min walking tempo + 25min running + 2min

walking slowly

day 3 – 5min walking + 20min running + 5min walking

Week 6:

day 1 – 3min walking + 25min running + 2min walking slowly

day 2 – 3min walking + 25min running + 2min walking

day 3 – try to run 30min without a break.

If you cannot run for 30 minutes you have to repeat. If you ran successfully for 30 minutes you can continue, but you are still a beginner and you must not hurry but observe the rules of the program.

Note: Running tempo should be slightly faster than 6 minutes per kilometer for each session of the first three cycles.

CYCLE 4

Note: Always do the warm up and stretching. Cycle 4 is for running first 5km. For this phase it is necessary to know what SPEAKING TEST – (ST) is, because it is the best way to monitor training load and intensity. If you cannot speak and run at the same time, training load is too big – you should SLOW DOWN.

Week 1:

day 1 – running for 30min

day 2 – rest with stretching

day 3 – running for 30min

day 4 – 30min walking tempo with doing warm-up exercises

day 5 – running for 30min

day 6 – choose strength exercises and repeat them 10 times

day 7 – complete rest

Week 2:

day 1 – running for 30min (see how you feel)

day 2 – strength exercises, 2 exercises x 10 times each

day 3 – 15min running + 5min running with tempo you would run 5km + 10min jogging slowly

day 4 – stretching + 2 strength exercises x 10 times each

day 5 – running for 30min

day 6 – 30-40min walking tempo + 2 strength exercises x 10 times each (you should walk in order to adapt your feet to the training load)

day 7 – break.

Week 3:

day 1 – 5min running + 15min running with tempo for 5km + 10min jogging slowly

day 2 – rest with stretching + 3 strength exercises x 10 times each

day 3 – an easy day -30min running. If you have not felt any progress go back to the second week of this cycle.

day 4 – 30-40min walking tempo + 2 strength exercises x 10 times each

day 5 – 30-40min running slowly – speaking test is done (ST)

day 6 – break

day 7 – 3 x 10 strength exercises and stretching

Week 4: Final week, you should run your first 5km after this week. Do not hurry.

day 1 – 5min running + 15min running with 5km tempo + 10min jogging slowly

day 2 – 3 x 10 strength exercises + stretching

day 3 – strength exercises (for different muscle groups) 3 x 10 + stretching

day 4 – 20min running + ST + strength exercises 3 x 10

day 5 – break

day 6 – stretching + break

day 7 – running 5km slowly.

CYCLE 5

Note: After running the first 5km, you should work on accelerating rhythm on 5km in order to run longer than 8km (or even 10km later). Cycle 5 is for running the first 8km.

Note:

- You should not be obsessed with running faster, it will come naturally
- Warming-up and stretching are obligatory before running and you have to take care of your legs
- ST is also important, but mostly speaking while running will be possible if the tempo is faster because you improved your aerobic abilities and this is the progress we have been looking for.

The program is similar to that for 5km but with more effort. The order goes forward. For a two-week cycle, in the first week you will train 3 days consecutively and in that way we will have a week with 5 days of exercising. In the second week 4 days will be used for exercising and it will be a week for rest. At the end of the second week you should focus on repetition of the cycles. After the second cycle, that is the fourth week, everything is ready for the first 8km.

A two-week cycle x 2 – 4 weeks.

Week 1:

day 1 – 40min running (ST), (during the second cycle the time increases to 1 hour)

day 2 – break with stretching

day 3 – 30 min running

day 4 – 5km running after warm-up and stretching but 1min slower than normal tempo (individual)

day 5 – 30min running

day 6 – rest

day 7 – 40min running (ST), you should choose a path with 2or 3 gentle slopes

Week 2:

day 1 – rest + stretching + strength exercises x 10

day 2 – 30-40min running (ST)

day 3 - rest + stretching + strength exercises x 10

day 4 - 30-40min running (ST)

day 5 - rest + stretching + strength exercises x 10

day 6 – after warm-up and stretching, 5km running 1min slower per each kilometer than normal tempo + 15min slow jogging (cooling down)

day 7 - rest + stretching + strength exercises x 10

Note: strength exercises are done for all muscle groups.

CYCLE 6 (from the second week)

Week 3:

day 1 – 60min running (ST)

day 2 – rest with stretching

day 3 – 30min running + strength exercises x 10

day 4 – 40min running (ST), a path with 2or 3 accelerations

day 5 – 30min running + strength exercises x 10

day 6 – rest

day 7 – warm-up + stretching + 5km, 30sec slower than normal tempo + 15min slow jogging (cooling down).

Week 4:

day 1 - rest + stretching + strength exercises x 10

day 2 - 30-40min running (ST)

day 3 - rest + stretching + strength exercises x 10

day 4 - 20-30min running (ST)

day 5 - rest + stretching + strength exercises x 10

day 6 – 8km slowly

day 7 – 10 strength exercises x 10 times each + stretching

After first 8km, you should repeat cycle 6 in the period of 4weeks (2 x 2weeks) but you should work on your tempo, you run faster and that is important for running the first 10km.

CYCLE 7

Note: During this cycle we will come to a phase when it will be possible to run for more than 1 hour. You should run 1km for 6min which means approximately 10km per hour. This is the line between jogging and running. A runner is a person who combines his/her attitude with his/her devotion in order to reach the goal related to tempo. In this part we will work on tempo as well as on endurance (long running). You should be PATIENT! Routine is almost the same as for 8km but here we need 2km more. The idea is to run 75min and breathe + 10min running with more effort at the end of the running session.

Note:

- 3 days of consecutive exercising,
- The two-week cycle is 1st week – 3 days consecutively, 5 days of exercising,
- 2nd week – 4 days of exercising – a week for rest,
- At the end you should focus on repetition of a cycle,
- After 2nd cycle, that is 4 weeks, it is possible to run the first 10km without break.

Week 1:

day 1 – 50min running (ST), in the second cycle this is 60min

day 2 – stretching and rest

day 3 – 30min running

day 4 – warm-up + stretching + 5km but 30sec slower than normal tempo

day 5 – 30min running

day 6 – rest

day 7 – 60min running (ST), a path with 2 or 3 slopes.

Week 2:

day 1 – strength exercises x 10 + stretching and rest

day 2 – 30-40min running (ST)

day 3 – 40min running, last 10min faster tempo

day 4 – 30-40min running (ST)

day 5 – strength exercises x 10 + stretching + rest

day 6 – warm-up + stretching + 5km tempo of running for 10km, not faster

day 7 – strength exercises x 10, stretching and rest.

While warming-up is generally accepted practice, a few people realize that a body should cool down gradually after exercising. People usually choose complete rest after running. If you do this, there is a risk of dizziness, shock and unconsciousness and other serious consequences. It sounds strange but you should prepare your body for rest after running. When you finish running you should slow down and jog 30 – 60sec, then slow down even more and start walking fast decreasing speed and tempo every 10sec. This should be done because after running a large quantity of blood goes down to the legs. If a period of cooling down is omitted, sufficient quantity of blood cannot go back to the heart and brain because “muscle pump” stopped working. Blood remains in the legs and a person can faint. You should do the following:

1. Cool down gradually, if possible at the same temperature as when you did the exercises. Cooling down should last for a few minutes.

2. Avoid entering warm rooms and taking hot shower immediately after exercising. Wait until sweating stops and then have a shower. The worst thing that can be done is going to a sauna or hot bath immediately after intensive running..

Slow running is important for recovery and preparation for a harder day. Slow running means running with (ST), which means that you can talk while you run. Warm-up, stretching and cooling down are obligatory.

CONCLUSION

It is extremely important to take care of your body and its possibilities. Before BEGINNING OF EVERY RUNNING PROGRAM MEDICAL CHECK UP IS OBLIGATORY. What should be checked with special attention is heart work on electro diagram and you should do the ergo test in order to avoid possible discomforts while running. Although this model of a program is approved for all ages and genders, there are some limits depending on the age, which will define the pace of progress in this program.

Contemporary surveys have shown that physical inactivity leads to a kind of inability of a body to react against various diseases and everyday stress while biological ageing is intensified. Thus, a person who does not exercise exposes him/herself to numerous risks

which can endanger his/her health and even his/her life.

This work was chosen because I was interested in possibilities of its topic, that is in involving an individual in a normal and extremely productive system of exercising which will definitely facilitate better quality of life.

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